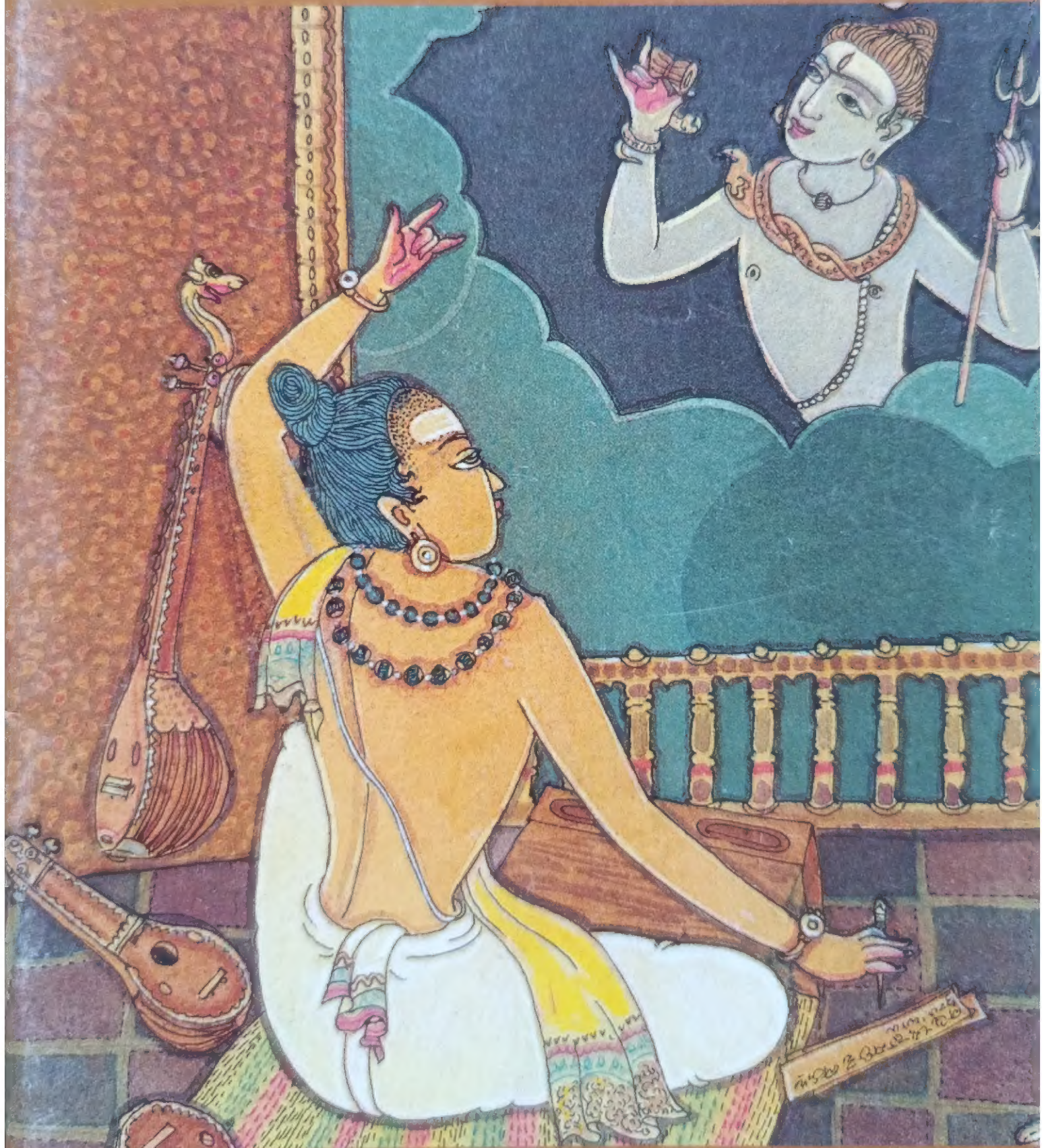


*A confluence of art and music
on 72 Melakarta Ragas*



12 chakras of music, the mind, body and soul

Concept, painting and melakarta details by:
Sangita Kala Acarya S. Rajam &
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12 Chakras of Classical Indian Music

Melakarta ragas are fundamental ragas from which other ragas may be generated. For this reason the melakarta ragas are also known as janaka (parent) ragas. Melakarta ragas are also known as sampoorana ragas as they contain all seven swaras (notes) of the octave in both the ascending and the descending mode. There are 72 melakarta ragas.

The melakarta system of ragas was first propounded by Raamamaatya in his work Svaramelakalanidhi c. 1550. He is considered the father of the mela system of ragas. Later in the 17th century, Venkatamakhi expounded a new mela system in his Chaturdandi Prakasika, known today as the Melakarta system.

The 72 Melakarta Ragas in both VENKATAMAKHI and GOVINDACHARYA Systems are given for the benefit of music lovers. Both Sadja and Panchama are common for all 72 Ragas; while Risabha, Gandhara, Madhyama Swaras remain the same for the 6 Ragas in each Chakra, either Dhaivata or Nisada or both vary for every Raga. It is KA-TA-PA-YA-DI formula.

The 72 Melakartas are further subdivided into twelve parts of six ragas each ($12 \times 6 = 72$). These 12 parts are called Chakras, and we also have interesting nomenclature for them, which enable us to find out the exact Chakra number even from its name. The Chakras are given in the table.

Indu	Moon - The earth has one moon
Netra	Eyes - We have two eyes
Agni	Fire - There are three types of fire as stated in the Veda (Dakshina, Ahvaniya and Garhapadya)
Veda	The Original Hindu scriptures are 4 in number (Rig, Sama, Yajur & Atharvana)
Bana	Arrow - Kama or cupid (Manmatha with Rati) is believed to have arrows with five flowers (Lotus, Mango, Jasmine, Ashoka and Lily)
Ritu	Seasons - Of six types (Vasanta, Greeshma, Varsha, Sharad, Sisira and Hemanta)
Risi	Sages - we have the famous sapta or seven Rishis (Gowtama, Viswamitra, Kashyapa, Jamadagni, Bharadwaja, Atri and Vasishta)
Vasu	A group of Devas or celestial beings, 8 in number (Aapa, Dhruva, Soma, Dava, Pratyusha, Anila, Anala and Prabhasa)
Brahma	Mythological reference to the nine cycles of the universe, each presided over by one Brahma (Atri, Angirasa, Brighu, Daksha, Kashyapa, Pulaha, Marichi, Vasishta and Pulastya)

Disi	Directions - 10 in all (8 Ashtadikpalaka - Indra, Agni, Yama, Niruddhi, Varuna, Vayu, Kuber and Isana plus Akash and Patal)
Rudra	The set of 11 Devas headed by Lord Siva (Aja, Dwasha, Ekapada, Triambake, Aparajita, Isana, Tribhuvana, Sambhu, Hara, Rudra and Ahirputniya)
Aditya	The group of 12 Suryas in the cosmic Universe (Poosha, Bhaskara, Marichi, Arka, Khaga, Surya, Mitra, Aditya, Ravi, Bhanu, Savita and Hiranyagarbha)

Abbreviations used for the Swaras

Risabha 1. SU = Suddha Risabha 2. CA = Catusruti Risabha 3. S = Satsruti Risabha	Dhaivata 1. SU = Suddha Dhaivata 2. CA = Catusruti Dhaivata 3. S = Satsruti Dhaivata
Gandhara 1. SU = Suddha Gandhara 2. SA = Sadharana Gandhara 3. A = Antara Gandhara	Nisada 1. SU = Suddha Nisada 2. KAI = Kaisikhi Nisada 3. KAK = Kakali Nisada



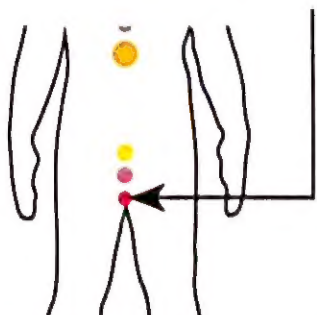
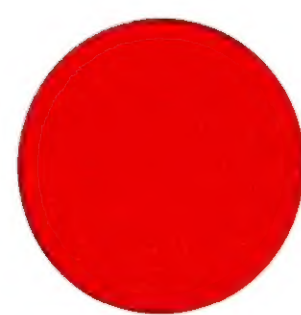

1st Chakra

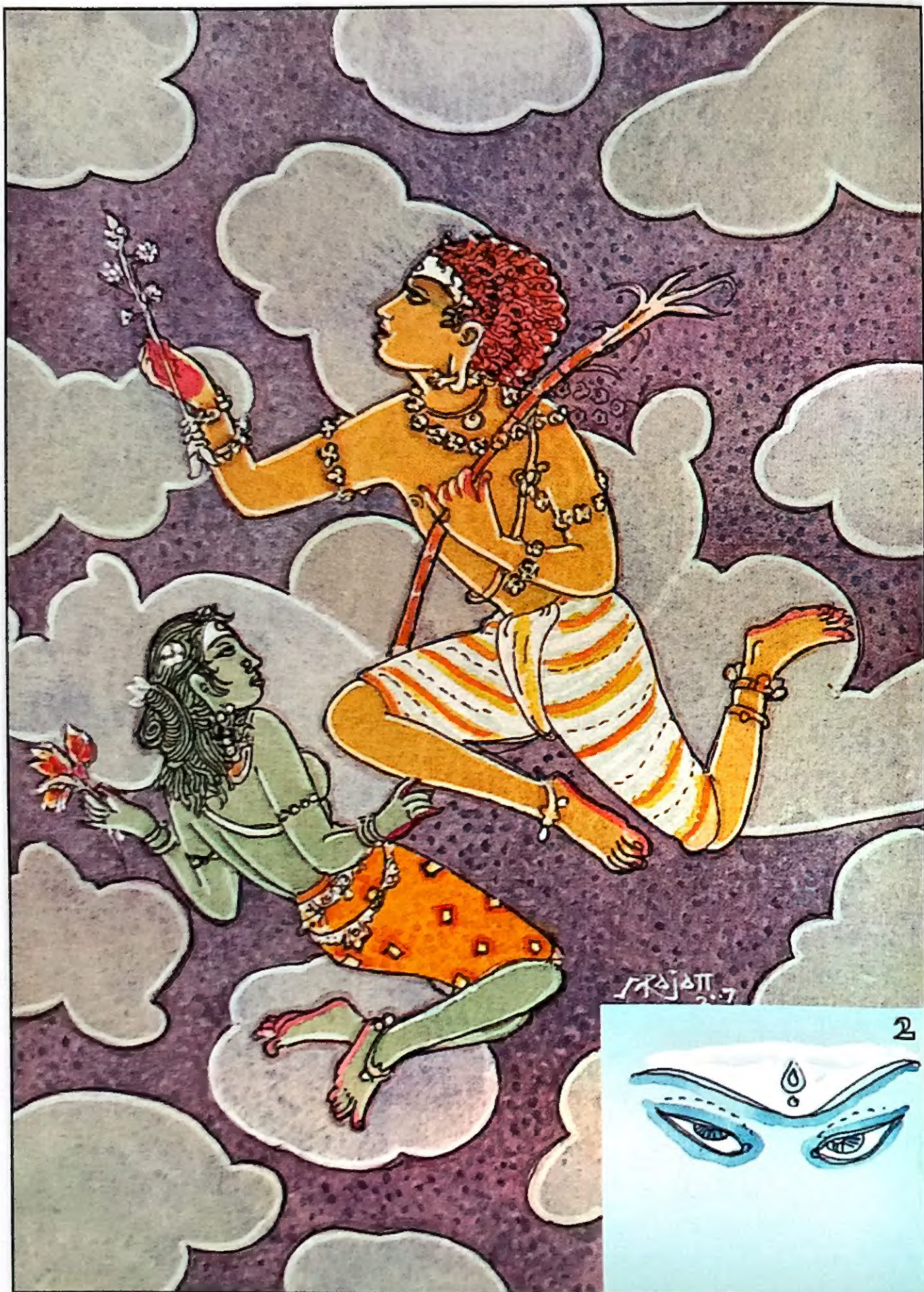
INDU

In Music *Chakra* - *Chakra* 1 is *Indu* (Moon), the earth has one moon. The artist has depicted *Rama* here – as ‘*Oka Baana, oka maata, oka patni Vritudai*’, a take-off from the music composition by Saint Sri Thyagaraja. (Referring to *Rama* for values of one arrow, one word and one wife).

In Mind, body and soul *Chakra* – *Chakra* 1 is Root or Primal *Chakra* that is said to store the energy of the body.

Mela No.	Venkatamakhi System	Govindacharya System					Melakarta Ragas Notes						
	Suddha Madhyama Ragas												
	Asampurna	Sampurna	RI	GA	DHA	NI							
1	Kanakambari	Kanakangi	Su	Su	Su	Su	SA	RA	GA	MA	PA	DA	NA
2	Phenadyuti	Ratnangi	Su	Su	Su	Kai	SA	RA	GA	MA	PA	DA	NI
3	Ganasamavarali	Ganamurti	Su	Su	Su	Kak	SA	RA	GA	MA	PA	DA	NU
4	Bhanumati	Vanaspati	Su	Su	Ca	Kai	SA	RA	GA	MA	PA	DI	NI
5	Manoranjani	Manavati	Su	Su	Ca	Kak	SA	RA	GA	MA	PA	DI	NU
6	Tanukirti	Tanarupi	Su	Su	S	Kak	SA	RA	GA	MA	PA	DU	NU

<p>POSITION: Base of the spine</p> 	<p>COLOUR: Red</p> 	<p>STONE: Ruby</p> 
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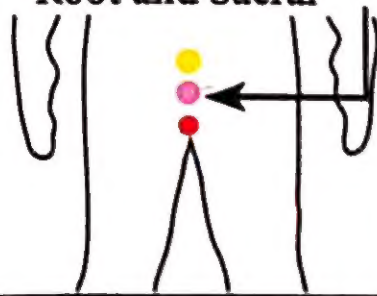


2nd Chakra

NETRA

In Music *Chakra* - *Chakra 2* is *Netra* (Eyes). The artist has depicted *Kama* or cupid (*Manmatha and Rati*). The mela table 7 to 12 indicate the notes to the melakarta ragas detailed in the flyleaf.

In Mind, body and soul *Chakra* – *Chakra 2* is Joy *Chakra* (new) which is said to be nestled between the Root and Sacral *Chakras*.

Mela No.	Venkatamakhi System	Govindacharya System					Melakarta Ragas Notes						
	Suddha Madhyama Ragas												
	Asampurna	Sampurna	RI	GA	DHA	NI							
7	Senagrani	Senavati	Su	Sa	Su	Su	SA	RA	GI	MA	PA	DA	NA
8	Jana Todi	Hanumatodi	Su	Sa	Su	Kai	SA	RA	GI	MA	PA	DA	NI
9	Dhuni Bhinna Sadjā	Dhenuka	Su	Sa	Su	Kak	SA	RA	GI	MA	PA	DA	NU
10	Natabharanam	Natakapriya	Su	Sa	Ca	Kai	SA	RA	GI	MA	PA	DI	NI
11	Kokilaravam	Kokilapriya	Su	Sa	Ca	Kak	SA	RA	GI	MA	PA	DI	NU
12	Rupavati	Rupavati	Su	Sa	S	Kak	SA	RA	GI	MA	PA	DU	NU

<p>POSITION:</p> <p>Nestled between the Root and Sacral</p> 	<p>COLOUR:</p> <p>Pink</p> 	<p>STONE:</p> <p>Pink Tourmaline</p> 
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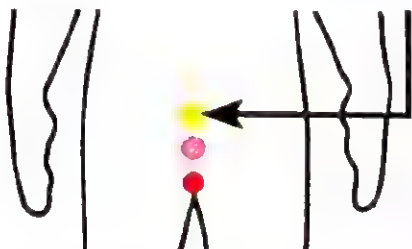


3rd Chakra

AGNI

In Music *Chakra* - *Chakra 3* is *Agni* (Fire). Three kinds of fire is stated in the *Vedas* - *Dakshina*, *Ahvaniya* and *Garhapadya*. The artist cites the mythological trinity of *Brahma*, *Vishnu* and *Siva*. The mela table 13 to 18 indicate the notes to the melakarta ragas detailed in the flyleaf.

In Mind, body and soul *Chakra* - *Chakra 3* is Sacral or *Kundalini Chakra* which rules over the pleasure centers.

Mela No.	Venkatamakhi System	Govindacharya System					Melakarta Ragas Notes						
	Suddha Madhyama Ragas												
	Asampurna	Sampurna	RI	GA	DHA	NI							
13	Geyahejjajji	Gayakapriya	Su	A	Su	Su	SA	RA	GU	MA	PA	DA	NA
14	Vati Vasanta Bhairavi	Vakulabharanam	Su	A	Su	Kai	SA	RA	GU	MA	PA	DA	NI
15	Mayamalava Gaula *	Mayamalavagaula*	Su	A	Su	Kak	SA	RA	GU	MA	PA	DA	NU
16	Toyavegavahini	Cakravaham	Su	A	Ca	Kai	SA	RA	GU	MA	PA	DI	NI
17	Chhayavati	Suryakantam	Su	A	Ca	Kak	SA	RA	GU	MA	PA	DU	NU
18	Jayasuddhamalavi	Hatakambari	Su	A	S	Kak	SA	RA	GU	MA	PA	DU	NU

<p>POSITION:</p> <p>A couple of inches above the public bone</p> 	<p>COLOUR:</p> <p>Bright Orange</p> 	<p>STONE:</p> <p>Carnelian</p> 
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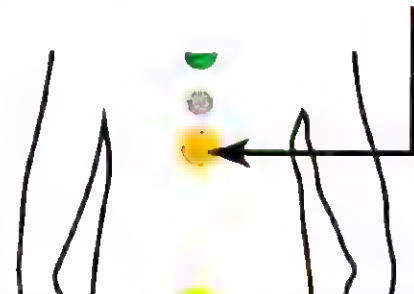


4th Chakra

VEDA

In Music *Chakra* - *Chakra* 4 is referred to the Vedas - the Original Hindu scripture which are 4 in number - *Rig, Sama, Yajur & Atharvana*. Pictured here are the four Saiva Kuravars of South India – *Gyanasmabandar, Appar, Sundarar and Manickavachakar*. The mela table 19 to 24 indicate the notes to the melakarta ragas detailed in the flyleaf.

In Mind, body and soul *Chakra* – *Chakra* 4 is the Solar Plexus *Chakra* where one's self esteem as well as the control around and within one's life rests.

Mela No.	Venkatamakhi System	Govindacharya System					Melakarta Ragas Notes						
	Suddha Madhyama Ragas												
	Asampurna	Sampurna	RI	GA	DHA	NI							
19	Jhankarabhramari	Jhankaradhwani	Ca	Sa	Su	Su	SA	RI	GI	MA	PA	DA	NA
20	Nariritigaula	Nata Bhairavi	Ca	Sa	Su	Kai	SA	RI	GI	MA	PA	DA	NI
21	Kiranavali	Kiravani	Ca	Sa	Su	Kak	SA	RI	GI	MA	PA	DA	NU
22	Sriragam	Kharaharapriya	Ca	Sa	Ca	Kai	SA	RI	GI	MA	PA	DI	NI
23	Gurrivelavali	Gauri Manohari	Ca	Sa	Ca	Kak	SA	RI	GI	MA	PA	DI	NU
24	Viravasantam	Varunapriya	Ca	Sa	S	Kak	SA	RI	GI	MA	PA	DU	NU

<p>POSITION: Solar Plexus</p> 	<p>COLOUR: Bright yellow</p> 	<p>STONE: Yellow Topaz</p> 
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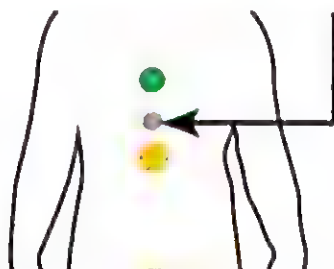

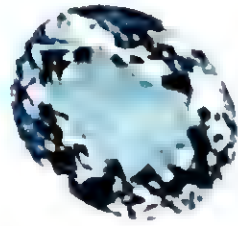
5th Chakra

BANA

In Music *Chakra* - Chakra 5 is *Bana* (the Arrow) of *Kama* or cupid believed to be floral arrows of Lotus, Mango, Jasmine, Ashoka and Lily. Rendered here are the five *Pancha Lingas* that personify the *Pancha Bhootas* – the five elements of ether, air, fire, water and earth. The mela table 25 to 30 indicate the notes to the melakarta ragas detailed in the flyleaf.

In Mind, body and soul *Chakra* – Chakra 5 is the spirit *Chakra*: This *chakra* is located between the solar plexus and the Heart and is the energy center that contacts, and gets guidance from angels and heavenly bodies.

Mela No.	Venkatamakhi System	Govindacharya System					Melakarta Ragas Notes						
	Suddha Madhyama Ragas												
	Asampurna	Sampurna	RI	GA	DHA	NI							
25	Saravati	Mara Ranjani	Ca	A	Su	Su	SA	RI	GU	MA	PA	DA	NA
26	Tarangini	Charukesi	Ca	A	Su	Kai	SA	RI	GU	MA	PA	DA	NI
27	Saura Sena	Sarasangi	Ca	A	Su	Kak	SA	RI	GU	MA	PA	DA	NU
28	Harikedara Gaula	Harikambhoji	Ca	A	Ca	Kai	SA	RI	GU	MA	PA	DI	NI
29	Dhira Sankarabharanam*	Dhira Sankarabharanam*	Ca	A	Ca	Kak	SA	RI	GU	MA	PA	DI	NU
30	Nagabharanam	Naganandini	Ca	A	S	Kak	SA	RI	GU	MA	PA	DU	NU

<p>POSITION:</p> <p>Between the solar Plexus and the Heart</p> 	<p>COLOUR:</p> <p>Aquamarine with a silvery tint, it glistens</p> 	<p>STONE:</p> <p>Aquamarine</p> 
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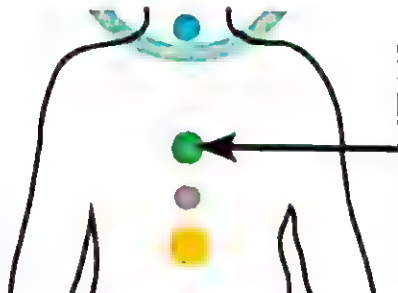


6th Chakra

RUDU

In Music *Chakra* - Chakra 6 is *Ritu* - six Seasons - namely, *Vasanta*, *Greeshma*, *Varsha*, *Sharad*, *Sisira* and *Hemanta*. The artist has rendered *Arumugan* here – the six faced *Murugan* – *Skanda* or *Karthik*. The mela table 31 to 36 indicate the notes to the melakarta ragas detailed in the flyleaf.

In Mind, body and soul *Chakra* – Chakra 6 is the heart Chakra: This chakra is the feeling and emotion center of the body. It recognizes both the physical as well as the spiritual needs for human experience.

Mela No.	Venkatamakhi System	Govindacharya System					Melakarta Ragas Notes
	Suddha Madhyama Ragas						
	Asampurna	Sampurna	RI	GA	DHA	NI	
31	Kalavati	Yagapriya	S	A	Su	Su	SA RU GU MA PA DA NA
32	Ragacudamani	Ragavardhani	S	A	Su	Kai	SA RU GU MA PA DA NI
33	Ganga Tarangini	Gangeyabhusani	S	A	Su	Kak	SA RU GU MA PA DA NU
34	Bhogacchayanata	Vagadhiswari	S	A	Ca	Kai	SA RU GU MA PA DI NI
35	Saila Desaksi	Sulini	S	A	Ca	Kak	SA RU GU MA PA DI NU
36	Chalanata *	Chalanata *	S	A	S	Kak	SA RU GU MA PA DU NU

<p>POSITION: Heart</p> 	<p>COLOUR: Emerald Green</p> 	<p>STONE: Emerald</p> 
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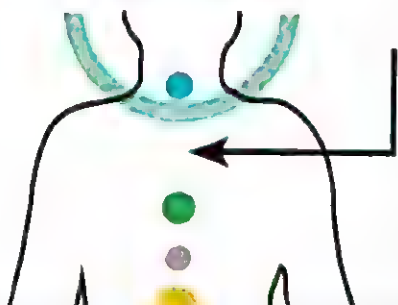

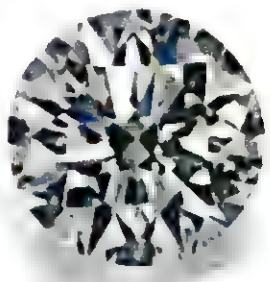
7th Chakra

RISI

In Music *Chakra* - Chakra 7 is *Risi* (Sages), comprises of the famous *sapta* or seven rishis (*Gowtama, Viswamitra, Kashyapa, Jamadagni, Bharadwaja, Atri and Vasishta*). The main frame illustrates the *Saptamatruka* - *Abirami, Maheswari, Kowmari, Varahi, Narayani, Indrani and Kali*, who are among the oldest pantheon of goddesses to be worshiped. The mela table 37 to 42 indicate the notes to the *melakarta ragas* detailed in the flyleaf.

In Mind, body and soul *Chakra* - Chakra 7 Divine *Chakra* is lined up with the heart and the throat *chakras*, enabling the higher spirit energies to work through ones voice and body.

Mela No.	Venkatamakhi System	Govindacharya System					Melakarta Ragas Notes						
	Prati Madhyama Ragas												
	Asampurna	Sampurna	RI	GA	DHA	NI							
37	Saugandhini	Salagam	Su	Su	Su	Su	SA	RA	GA	MI	PA	DA	NA
38	Jaganmohanam	Jalarnavam	Su	Su	Su	Kai	SA	RA	GA	MI	PA	DA	NI
39	Dhalivarali	Jhalavarali	Su	Su	Su	Kak	SA	RA	GA	MI	PA	DA	NU
40	Nabhomani	Navanitam	Su	Su	Ca	Kai	SA	RA	GA	MI	PA	DI	NI
41	Kumbhini	Pavani	Su	Su	Ca	Kak	SA	RA	GA	MI	PA	DI	NU
42	Ravikriya	Raghupriya	Su	Su	S	Kak	SA	RA	GA	MI	PA	DU	NU

<p>POSITION: Just above the green heart charka</p> 	<p>COLOUR: White</p> 	<p>STONE: Diamond</p> 
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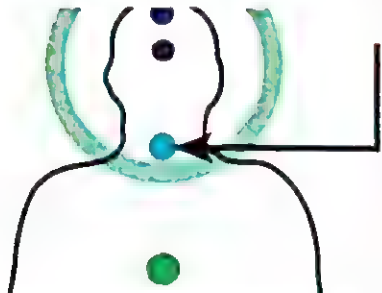

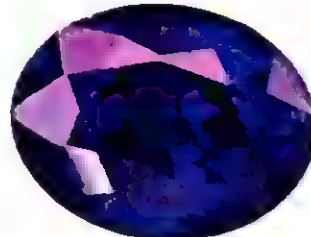
8th Chakra

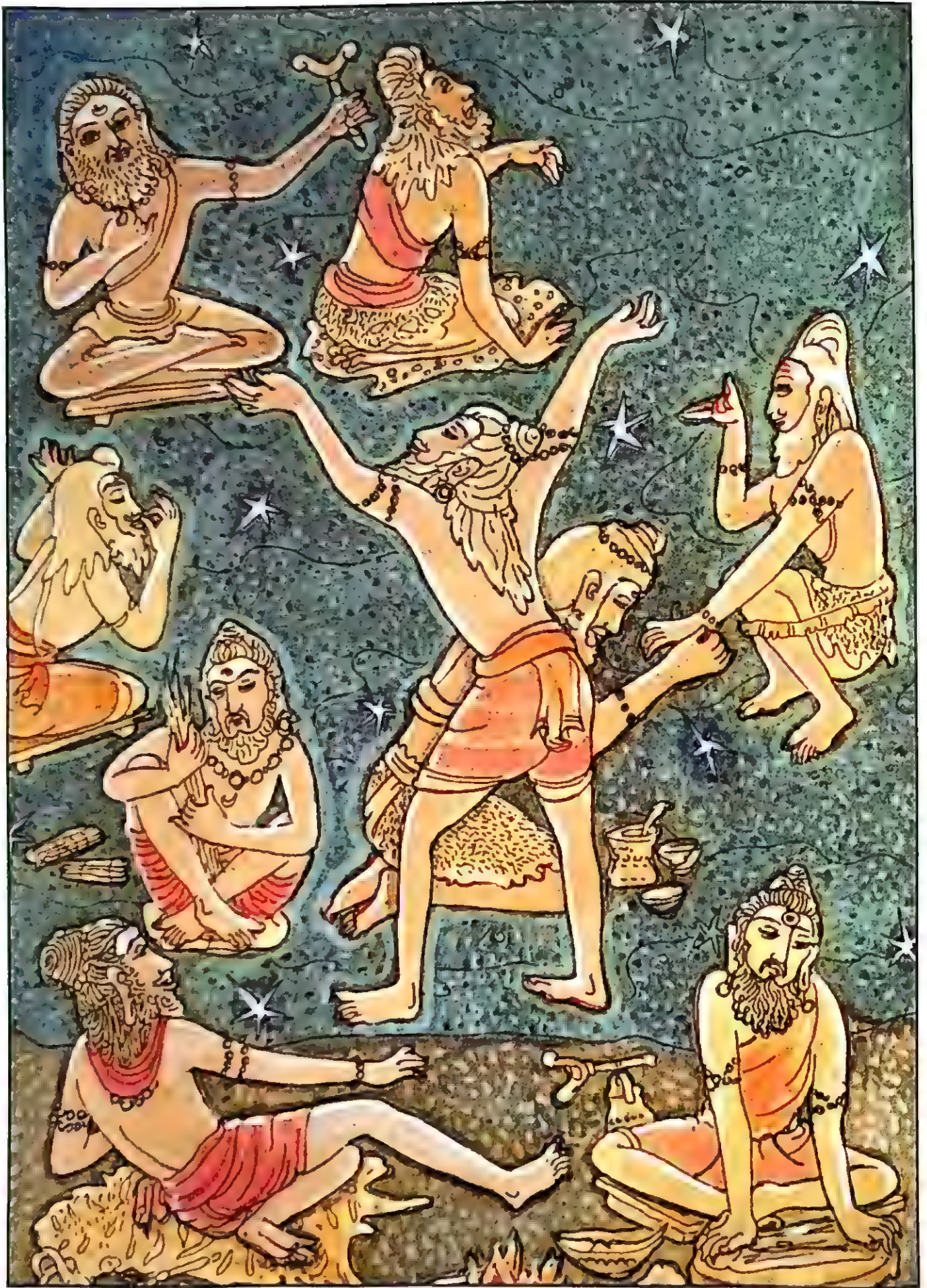
VASU

In Music *Chakra* - Chakra 8 - *Vasu*-indicates the eight *deva* or celestial beings (*Aapa, Dhruva, Soma, Dava, Pratyusha, Anila, Anala, Prabhasa*). The artist has rendered the Ashtadikpalakas – the Vedic demi Gods – *Indra* (*East, for pleasure*), *Agni* (*South-east, for Energy*), *Yama* (*South,signifying death*), *Niruddhi* (*South-West,signifying war*), *Varuna* (*West, ocean*), *Vayu* (*North-West,air*), *Kuber* (*North,wealth*) and *Isana* (*North-East,knowledge*). The mela table 43 to 48 indicate the notes to the melakarta ragas detailed in the flyleaf.

- In Mind, body and soul *Chakra* – Chakra 8 is the Throat Chakra, deals with our communication and the expression of our creativity. Our ability to speak the words that we desire to speak, and to create the things that we desire to create, emanates from this energy center.

Mela No.	Venkatamakhi System	Govindacharya System					Melakarta Ragas Notes							
	Prati Madhyama Ragas													
	Asampurna	Sampurna	RI	GA	DHA	NI								
43	Girvani	Gavambhodi	Su	Sa	Su	Su	SA	RA	GI	MI	PA	DA	NA	
44	Bhavani	Bhavapriya	Su	Sa	Su	Kai	SA	RA	GI	MI	PA	DA	NI	
45	Sivapantuvarali	Subhapantuvarali	Su	Sa	Su	Kak	SA	RA	GI	MI	PA	DA	NU	
46	Stavarajam	Sadvidhamargini	Su	Sa	Ca	Kai	SA	RA	GI	MI	PA	DI	NI	
47	Sauviram	Suvarnangi	Su	Sa	Ca	Kak	SA	RA	GI	MI	PA	DI	NU	
48	Jivantika	Divyamani	Su	Sa	S	Kak	SA	RA	GI	MI	PA	DU	NU	

<p>POSITION:</p> <p>Throat</p> 	<p>COLOUR:</p> <p>Blue</p> 	<p>STONE:</p> <p>Blue Topaz</p> 
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9th Chakra

BRAHMA

In Music Chakra - Chakra 9 *Brahma* is the Mythological reference to the nine cycles of the universe, each presided over by one *Brahma*. As denoted by Venkatamakhi, the artist has depicted the 9 sages—*Atri, Angirasa, Brighu, Daksha, Kasyapa, Pulaha, Marichi, Vasishta and Pulasthaya*. The mela table 49 to 54 indicate the notes to the melakarta ragas detailed in the flyleaf.

In Mind, body and soul Chakra - Chakra 9 is the Brow or Third eye Chakra. The third eye is said to be directly connected to the medulla, which is the back of the head and the pineal gland in the center of the skull - the area through which the psychic energy enters our bodies.

Mela No.	Venkatamakhi System	Govindacharya System					Melakarta Ragas Notes
	Prati Madhyama Ragas						
	Asampurna	Sampurna	RI	GA	DHA	NI	
49	Davalangam	Davalambari	Su	A	Su	Su	SA RA GU MI PA DA NA
50	Namadesi	Namanarayani	Su	A	Su	Kai	SA RA GU MI PA DA NI
51	Kasiramakriya	Kamavardhani	Su	A	Su	Kak	SA RA GU MI PA DA NU
52	Ramamanohari	Ramapriya	Su	A	Ca	Kai	SA RA GU MI PA DI NI
53	Gamakakriya	Gamanasrama	Su	A	Ca	Kak	SA RA GU MI PA DI NU
54	Vamsavati	Viswambari	Su	A	S	Kak	SA RA GU MI PA DU NU
POSITION: Slightly above the eyes in the center of the forehead 		COLOUR: Purple, like a black light 		STONE: Amethyst 			






10th Chakra

DISI

In Music *Chakra* - *Chakra 10 Disi* (Direction)- is 10 in all - including *Akash* and *Patal*. Artist S Rajam has rendered here the 10 *Avatars* of *Vishnu*. The mela table 55 to 60 indicate the notes to the melakarta ragas detailed in the flyleaf.

In Mind, body and soul *Chakra* - *Chakra 10* is higher mental Chakra connected to the higher mental planes and rules special thought. It helps bring in all levels of wonderful information. Universal knowledge is stored here.

Mela No.	Venkatamakhi System		Govindacharya System				Melakarta Ragas Notes
	Prati Madhyama Ragas						
	Asampurna	Sampurna	RI	GA	DHA	NI	
55	Syamalam	Syamalangi	Ca	Sa	Su	Su	SA RI GI MI PA DA NA
56	Camaram	Shanmukhapriya	Ca	Sa	Su	Kai	SA RI GI MI PA DA NI
57	Sumadyuti	Simhendramadhyamam	Ca	Sa	Su	Kak	SA RI GI MI PA DA NU
58	Desi Simharavam	Hemavati	Ca	Sa	Ca	Kai	SA RI GI MI PA DI NI
59	Dhamavati	Dharmavati	Ca	Sa	Ca	Kak	SA RI GI MI PA DI NU
60	Nisadham	Nitimati	Ca	Sa	S	Kak	SA RI GI MI PA DU NU

<p>POSITION: Top of the forehead</p> 	<p>COLOUR: Indigo, deep blue, midnight blue</p> 	<p>STONE: Tanzanite</p> 
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11th Chakra

RUDRA

In Music *Chakra* - *Chakra* 11 Rudra - mark the 11 Devas headed by Lord Siva (*Aja, Dwasha, Ekapada, Triambake, Aparajita, Isana, Tribhuvana, Sambhu, Hara, Rudra and Ahirputniya*). The mela table 61 to 66 indicate the notes to the melakarta ragas detailed in the flyleaf.

In Mind, body and soul *Chakra* - *Chakra* 11 is the Face Chakra - a very special chakra that houses our ability to become what we wish to become. We have the ability to reshape our bodies, reshape the energies that each of us takes in.

Mela No.	Venkatamakhi System	Govindacharya System					Melakarta Ragas Notes						
	Prati Madhyama Ragas												
	Asampurna	Sampurna	RI	GA	DHA	NI							
61	Kuntalam	Kantamani	Ca	A	Su	Su	SA	RI	GU	MI	PA	DA	NA
62	Ratipriya	Risabhapriya	Ca	A	Su	Kai	SA	RI	GU	MI	PA	DA	NI
63	Gitapriya	Latangi	Ca	A	Su	Kak	SA	RI	GU	MI	PA	DA	NU
64	Bhusavati	Vacaspati	Ca	A	Ca	Kai	SA	RI	GU	MI	PA	DI	NI
65	Santa Kalyani	Meca Kalyani	Ca	A	Ca	Kak	SA	RI	GU	MI	PA	DI	NU
66	Caturangini	Citrambari	Ca	A	S	Kak	SA	RI	GU	MI	PA	DU	NU

<p>POSITION:</p> <p>A round chakra covering the entire face</p> 	<p>COLOUR:</p> <p>Cobalt Blue with flecks of Gold</p> 	<p>STONE:</p> <p>Lapiz</p> 
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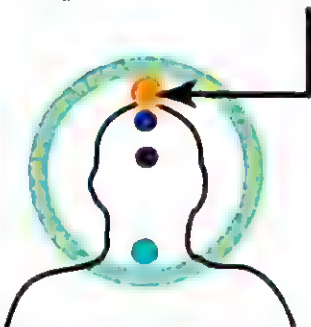


12th Chakra

ADITYA

In Music Chakra - Chakra 12 Aditya – a group of 12 Suryas exist in the cosmic Universe (*Poosha, Bhaskara, Marichi, Arka, Khaga, Surya, Mitra, Aditya, Ravi, Bhanu, Savita and Hiranyagarbha*). The mela table 67 to 72 indicate the notes to the melakarta ragas detailed in the flyleaf.

In Mind, body and soul Chakra - Chakra 12 is new Crown Chakra: As part of the Earth changes that are taking place, extreme levels of electricity are coming into both - our planet and to our bodies. The energy of gold is the energy that is allowing our bodies to move and balance at the highest level – at the top of the head.

Mela No.	Venkatamakhi System Govindacharya System						Melakarta Ragas Notes						
	Prati Madhyama Ragas												
	Asampurna	Sampurna	RI	GA	DHA	NI							
67	Santanamanjari	Sucaritra	S	A	Su	Su	SA	RU	GU	MI	PA	DA	NA
68	Joti	Jotiswarupini	S	A	Su	Kai	SA	RU	GU	MI	PA	DA	NI
69	Dhautapancamam	Dhatuwardhani	S	A	Su	Kak	SA	RU	GU	MI	PA	DA	NU
70	Nasamani	Nasikabhusani	S	A	Ca	Kai	SA	RU	GU	MI	PA	DI	NI
71	Kusumakaram	Kosalam	S	A	Ca	Kak	SA	RU	GU	MI	PA	DI	NU
72	Rasamanjari	Rasikapriya	S	A	S	Kak	SA	RU	GU	MI	PA	DU	NU

<p>POSITION: Top of the head</p> 	<p>COLOUR: Gold</p> 	<p>STONE: Tiger Eye</p> 
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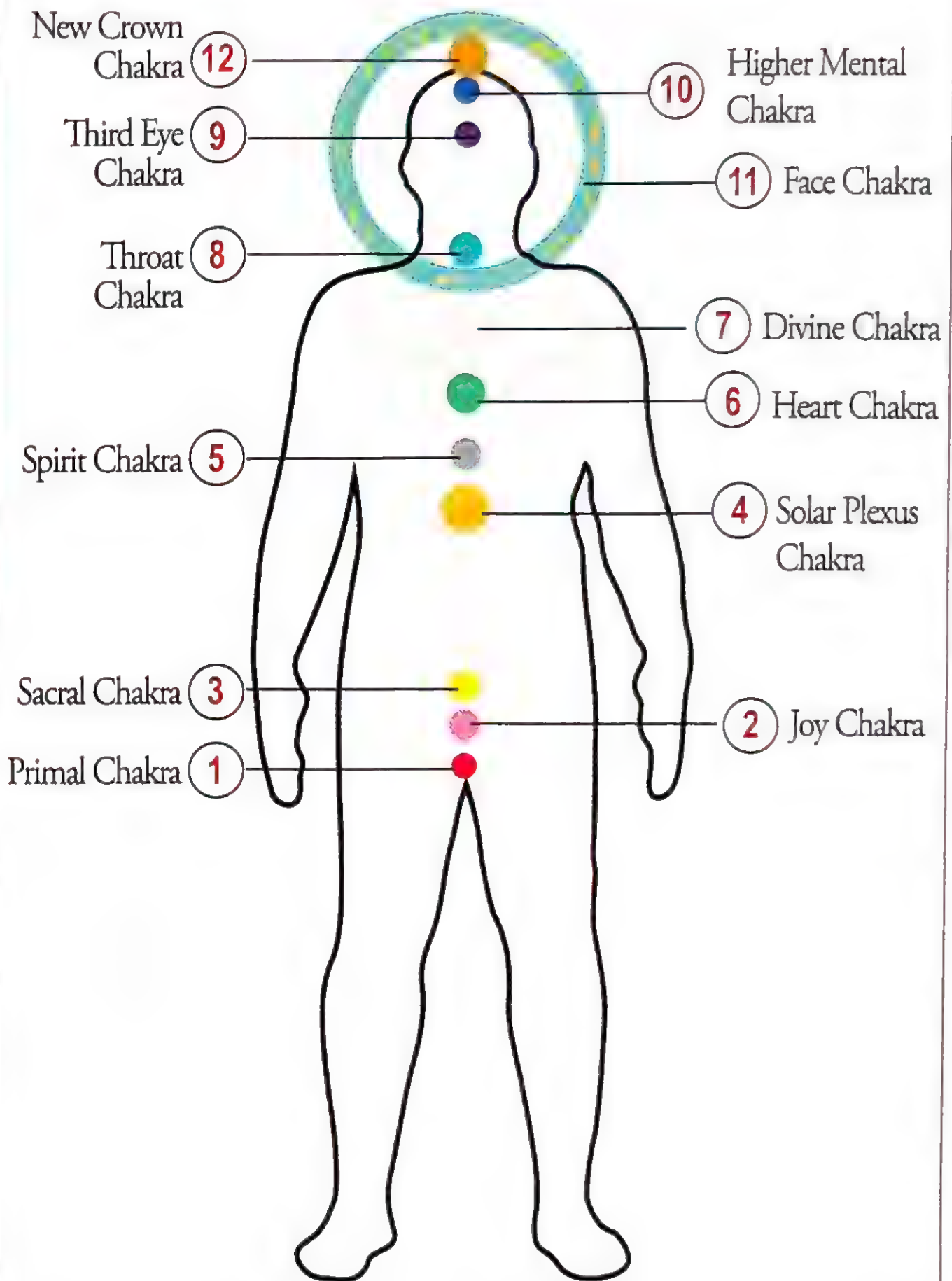
12 Chakras of music the mind, body and soul

Indian classical music, philosophy, yogic teachings - many of these are attributed to have its roots in the four veda's

In the human endeavour of our self-realization and awakening towards the oneness with the nature and the creator, classical music, philosophy and yogic teachings are all considered as the experiential tools.

For centuries, we have excelled in exploring various aspects and are constantly redefining with every passing phase of time and years. But at the core of it are these ever so relevant well-defined principles and tenets – principles that provide the unity and the synergy of power. Be it in the form of millions of musical notes that cast a magic spell, or the control of our body and mind to lead us to greater heights. These do lead us to the path of happiness... utter bliss. These have no geographic barriers and transcend across all nations and culture.

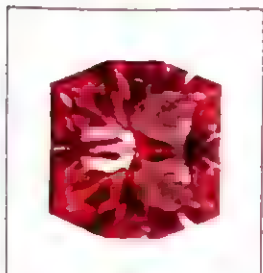
Larsen and Toubro Limited, India's largest engineering and construction major recognizes and cherishes these Tenets and Principles that live beyond time. Principles and Values that never change but get to redefine its relevance within modern times, thereby making it stay for ever - as a classic beyond time and ages.



12 Chakras of the mind, body and soul



1. **Root or Primal Chakra:** The root chakra stores the energy of the body. The power and energy that we heal ourselves originates from here. • Base of the spine - Ruby, Garnet, Hematite, Jasper



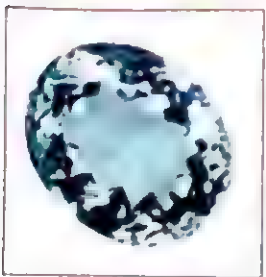
2. **Joy Chakra (New):** To bring a richer feeling of everything that one does, to remember in the body, the joy of life, the joy of living, it is the bringing of Heaven onto earth - Nestled between the Root and Sacral Chakras (previously the 1st and 2nd chakras). • Fuscia, Bright Pink • Pink Tourmaline, Bloodstone, Rebellite



3. **Sacral or Kundalini Chakra:** The Sacral chakra rules the pleasure centers of the body. It is about our ability to give and receive pleasure. • A couple of inches above the public bone • Bright orange • Carnelian, Imperial Topaz, Citrine, Coral



4. **Solar Plexus Chakra:** This is where ones self esteem resides, as well as the control around and within ones life • Solar Plexus • Bright yellow • Citrine, Yellow Topaz, Yellow Sapphire



5. **Spirit Chakra (New):** This is another new chakra that was previously above the head, but has now moved down into the body. This is the energy center that contacts, and gets guidance from angels. • Between the solar Plexus and the Heart • Aquamarine with a silvery tint, it glistens

- Aquamarine, Amazonite, light Turquoise, Celestite, Silver

6. **Heart Chakra:** This chakra is the feeling and emotion center of the body. It recognizes both the physical needs as well as the spiritual needs for human experience. • Heart • Emerald Green/ Rose Pink • Emerald, Jade, Malachite



7. **Divine Chakra (Old Crown Chakra):** This beautiful chakra is the former Crown Chakra that has moved down from just above our heads close to the center of the body. It is lined up with the heart and the throat chakras, enabling the higher spirit energies to work through ones voice and body more easily. • Just above the green heart chakra. • White • Diamond, Rutilated Clear Quartz, Opal, Pearl, Moonstone



8. **Throat Chakra:** The 8th Chakra deals with our communication and the expression of our creativity. Our ability to speak the words that we desire to speak, and to create the things that we desire to create, emanates from this energy center. At its heart is an exquisite lotus flower. • Throat • Blue • Lotus Flower • Blue Topaz, • Sapphire, Lapis, Celestite



9. **Brow or Third Eye Chakra:** The third eye is directly connected to the medulla, which is the back of the head and the pineal gland in the



center of the skull. The medulla is one of the secondary chakras, and is the area where the psychic energy enters our bodies. • Slightly above the eyes in the center of the forehead • Purple, like a black light • Amethyst, Rubellite, Sugilite



10. **Higher Mental Chakra:** This chakra is connected to the higher mental planes and rules special thought. It helps to bring in all levels of wonderful information. Universal knowledge is stored here. • Top of the forehead • Indigo, deep blue, midnight blue • Tanzanite. Snowflake Obsidian. Fire Opal, Moldavite, Dark Blue Sapphire



11. **Face Chakra:** This is a very special chakra that houses our ability to become what we wish to become. We have the ability to reshape our bodies, reshape the energies that each of us puts out, and reshape the energies that each of us takes in. • A round chakra covering the entire face • Cobalt Blue with flecks of Gold • Lapis, sodalite, Tanzanite.



12. **New Crown Chakra:** As part of the Earth changes that are taking place, extreme levels of electricity are coming both to the planet and to our bodies. The energy of gold is the energy that is allowing our bodies to move and balance at the highest level • Top of the head • Gold • Tiger Eye, Pyrite, Copper.

Abbreviations used for the Swaras

Risabha 1. SU = Suddha Risabha 2. CA = Catusruti Risabha 3. S = Satsruti Risabha	Gandhara 1. SU = Suddha Gandhara 2. SA = Sadharana Gandhara 3. A = Antara Gandhara	Dhaivata 1. SU = Suddha Dhaivata 2. CA = Catusruti Dhaivata 3. S = Satsruti Dhaivata	Nisada 1. SU = Suddha Nisada 2. KAI = Kaisikhi Nisada 3. KAK = Kakali Nisada
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Chakra	Mela No.	Venkatamakhi System	Govindacharya System	RI	GA	DHA	NI	Mela No.	Venkatamakhi System	Govindacharya System	Chakra
		Suddha Madhyama Ragas							Prati Madhyama Ragas		
		Asampurna	Sampurna						Asampurna	Sampurna	
I. Indu	1	Kanakambari	Kanakangi	SU	SU	SU	SU	37	Saugandhini	Salagam	VII. Risi
	2	Phenadyuti	Ratnangi	SU	SU	SU	KAI	38	Jaganmohanam	Jalarnavam	
	3	Ganasamavarali	Ganamurti	SU	SU	SU	KAK	39	Dhalivarali	Jhalavarali	
	4	Bhanumari	Vanaspati	SU	SU	CA	KAI	40	Nabhomani	Navanitam	
	5	Manoranjani	Manavati	SU	SU	CA	KAK	41	Kumbhini	Pavani	
	6	Tanukirti	Tanarupi	SU	SU	S	KAK	42	Ravikriya	Raghupriya	
II. Netra	7	Senagrani	Senavati	SU	SA	SU	SU	43	Girvani	Gavambhodi	VIII. Vasu
	8	Jana Todi	Hanumatodi	SU	SA	SU	KAI	44	Bhavani	Bhavapriya	
	9	Dhuni Bhinna Sadj	Dhenuka	SU	SA	SU	KAK	45	Sivapantuvarali	Subhapanuvarali	
	10	Natabharanam	Natakapiya	SU	SA	CA	KAI	46	Stavarajam	Sadvidhamargini	
	11	Kokilaravam	Kokilapriya	SU	SA	CA	KAK	47	Sauviram	Suvarnangi	
	12	Rupavati	Rupavati	SU	SA	S	KAK	48	Jivantika	Divyamani	
III. Agni	13	Geyahējajji	Gayakapriya	SU	A	SU	SU	49	Dhavalangam	Dhavalambari	IX. Brahma
	14	Vati Vasanta Bhairavi	Vakulabharanam	SU	A	SU	KAI	50	Namadesi	Namanarayani	
	15	Mayamalava Gaula *	Mayamalavagaula *	SU	A	SU	KAK	51	Kasiramakriya	Kamavardhani	
	16	Toyavegavahini	Cakravaham	SU	A	CA	KAI	52	Ramamanohari	Ramapriya	
	17	Chhayavati	Suryakantam	SU	A	CA	KAK	53	Gamakakriya	Gamanasrama	
	18	Jayasuddhamalavi	Hatakambari	SU	A	S	KAK	54	Vamsavati	Viswambari	
IV. Veda	19	Jhankarabhrumari	Jhankaradhwani	CA	SA	SU	SU	55	Syamalam	Syamalangi	X. Disi
	20	Nariritigaula	Natha Bhairavi	CA	SA	SU	KAI	56	Camaram	Sanmukhapriya	
	21	Kiranavali	Kiravani	CA	SA	SU	KAK	57	Sumadyuti	Simhendramadhyamam	
	22	Sriragam	Kharaharapriya	CA	SA	CA	KAI	58	Desi Simharavam	Hemavati	
	23	Gaurivelavali	Gauri Manohari	CA	SA	CA	KAK	59	Dhamavati	Dharmavati	
	24	Viravasantam	Varunapriya	CA	SA	S	KAK	60	Nisadham	Nitimati	
V. Bana	25	Saravati	Mara Ranjini	CA	A	SU	SU	61	Kuntalam	Kantamani	XI. Rudra
	26	Tarangini	Carukesi	CA	A	SU	KAI	62	Ratipriya	Risabhapriya	
	27	Saura Sena	Sarasangi	CA	A	SU	KAK	63	Gitapriya	Latangi	
	28	Harikedara Gaula	Harikambhoji	CA	A	CA	KAI	64	Bhusavati	Vacaspati	
	29	Dhira Sankarabharanam *	Dhira Sankarabharanam *	CA	A	CA	KAK	65	Santa Kalyani	Meca Kalyani	
	30	Nagabharanam	Naganandini	CA	A	S	KAK	66	Caturangini	Citrambari	
VI. Ritu	31	Kalavati	Yagapriya	S	A	SU	SU	67	Santanamanjari	Sucaritra	XII. Aditya
	32	Ragacudamani	Ragavardhani	S	A	SU	KAI	68	Joti	Jotiswarupini	
	33	Ganga Tarangini	Gangeyabhusani	S	A	SU	KAK	69	Dhautapancamam	Dhautavardhani	
	34	Bhogacchayanata	Vagadhiswari	S	A	CA	KAI	70	Nasamani	Nasikabhusani	
	35	Saila Desaksi	Sulini	S	A	CA	KAK	71	Kusumakaram	Kosalam	
	36	Chalanata *	Chalanata *	S	A	S	KAK	72	Rasamanjari	Rasikapriya	

* These Ragas have the same name in both the systems



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